

Linda Clair
Meditation Retreat
Kallara Conference Centre, Australia – March 2020
Transcription from Audio Recordings

File 6A – Thursday morning guided meditation

Linda: So we've got another two days left in this retreat and rather than racing to the finish line I'd suggest just keeping it stable, keeping it as steady as possible. Extend yourself when you have the energy but don't push, don't start to get too desperate and impatient. Just stay steady, keep making that effort to come back to your breath, use the counting.

So some of you may not have used the counting much before and it can take a while to get used to the counting. It can feel difficult at first, a bit strange. But I suggest you persevere with that and make sure you count *with* the breath. The breath, in a way, is doing the counting. It's not a mind-based activity – this is all body based. So from when we're very young we're encouraged to use our mind, to use our intellect. It's passed on to us generation after generation. But you're here because you've questioned that assumption that you are your mind, that the mind is everything. There's a whole universe out there beyond the confines of the mind and the only thing that is holding us back is fear – fear of being free. You want it desperately but you're also desperately fearful of it.

So this practice is preparing you, preparing your body, your psyche, for that leap into the unknown. And that's what it is in the end, a leap into the unknown. Then you see that your fear, which has ruled your life, is also a thought. When you believe in it it feels very, very real but this fear is a thought. So what we're doing here is challenging our fear.

So sit and be in your body as much as possible. Keep it as simple as possible. There is nothing right now that you need to know; to sit here you don't need to know anything. Your body's intelligence is gradually, gradually taking over. So listen to that, trust that – never trust your mind.